



MEMORIES MUSINGS

By Cheri Sims

Cheri lives, writes and gardens in Charleston.

Lately I have spent so much time watching videos and reading about the Grand Tetons and Wyoming that I started craving some of the state's well known foods like huckleberry and bison. I am really not an adventurous eater but Hubby and I liked to sample local foods when we were traveling and believe it or not I ate and liked the bison burger I had in the Tetons' and have ordered bison at other places out west. I can state that, in my opinion, fresh bison is much better than frozen bison we are forced to purchase back here in the Midwest but it is better than not having it at all.

Another Wyoming favorite is the Huckleberry usually used in preserves and jams but we were able to enjoy wild huckleberry cobbler at a diner in Jackson hole and I think it is the best cobbler I have ever eaten. Yahoo search states

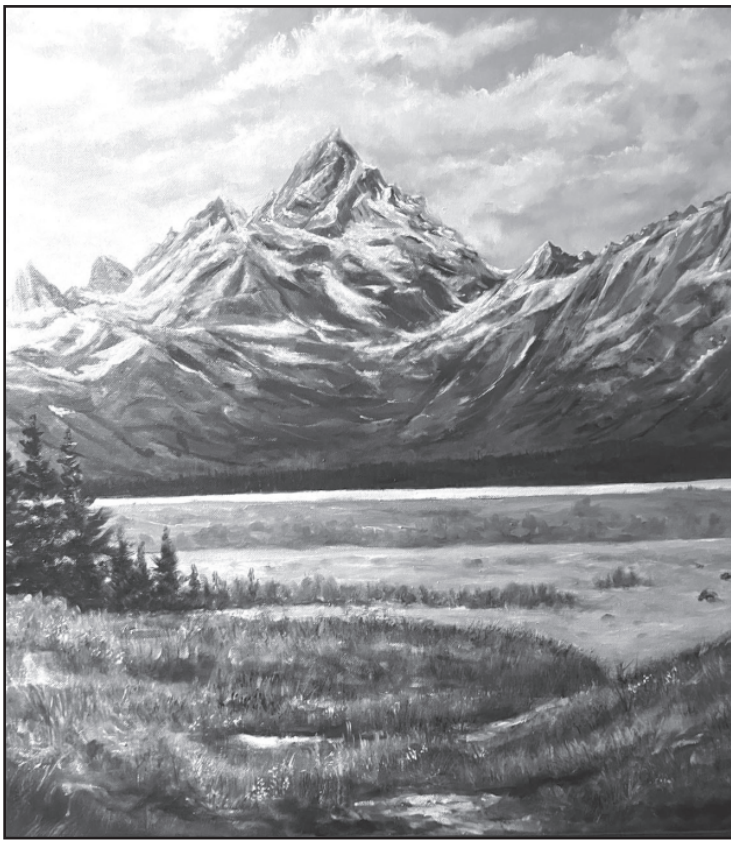
"What kind of huckleberries do they have in Montana?"

In fact, Montana oozes with everything huckleberry. You'll see huckleberry soda, huckleberry licorice, huckleberry hot sauce, huckleberry popcorn, huckleberry hand lotion, and the list goes on and on and on... As you grab a bite for lunch or a sweet treat for dessert, these are the best huckleberry dishes in Montana.

"Huckleberry soda is an acquired taste, to me; Hubby did not like huckleberry licorice but we did like huckleberry BBQ sauce. Huckleberry caramels are to die for and I actually saved the package and ordered them a year after our trip. I might just have to order some now, since I seem to be craving huckleberry.

The "Everyday Wanderer" website (<https://everydaywanderer.com/best-huckleberry-dishes-in-montana>) has a great list of Montana recipes and an answer to an often asked question: "Are Huckleberries and Blueberries the Same Fruit?"

No, huckleberries are a different kind of fruit, just like strawberries and raspberries or blueberries and blackberries are unique foods. However, because of their similarities (and because huckleberries are so expensive), many places mix blueberries (or another type of fruit) into their "huckleberry pies". One can purchase their huckleberry products from Amazon. We also tried Chokecherries, another Wyoming fruit and I must say they are delicious. I think Hubby liked the chokecherry better than the huckleberry because he ordered the preserves more than I did for our hearty breakfast splurges. Chokecherries are small and tart and nothing like



Michigan cherries but deserve a place in your pantry. One of my favorite Wyoming side dishes was "white chili". It is a combination of chili and our northern beans and ham. It sounds weird but it is really delicious and worth trying at least once. I am sharing this recipe this week.

The entirety of the state of Wyoming is magical and a trip well worth taking. I would have to say my favorite area is the road between Yellowstone and Jackson Hole. Luckily Hubby created a huge painting of the Teton Mountain Range, which I look at daily, as a wonderful reminder of hiking and being more afraid there than any other place we ever hiked. I will never forget the first time I heard bear bells as we were rounding a curve on a trail. The oncoming hikers, who we could not see, thought we were the bears and I thought they were

the bears and I have never been so scared. They and Hubby laughed at me and asked if I thought the bears were wearing the bells. I really felt dumb but at the time I did not care who was wearing the bells I wanted out of there!!!

Luckily after a day of hiking and fear we settled into a cute cabin hotel in Jackson Hole; "Cowboy Village Resort", (<https://www.guestreservations.com/cowboy-village-resort>) and experienced a couple days of great lodging and food. The resort has all individual cabins in the center of town but one feels like they are in the wilderness. We loved our cabin. The resort is just a couple blocks from downtown Jackson Hole and even though the town is a bit touristy it is a welcome feeling after a few days in the wilds of Yellowstone and The Tetons'. The shopping is great and surprisingly the prices are

not ridiculously high. We found two dining establishments worth mentioning, "Buffalo Jump Saloon and Steakhouse", (<https://www.buffalojumpsteak.com/>) and The South cable café", (<https://www.facebook.com/SouthCableCafe/>). "Buffalo Jump" as expected by the name is renowned for their steaks but has a full menu. Hubby, of course, indulged, two nights in a row, with a huge rib eye but I opted for salmon one night and beer battered walleye the second night, both of which were great. I topped my meals off both nights with fudge and caramel topped cheesecake but Hubby was too full after 16 oz steaks. The South Cable Café has the best coffee in Jackson Hole, in my opinion, and Hubby devoured their Belgian waffles with huckleberry sauce.

If you are planning to escape to the wild west I would like to suggest that you research these up to date "You Tube" video sites which are great for planning a trip to Wyoming; "7 Places You Might not have heard of in Wyoming", (<https://www.youtube.com/watch?v=X4csWRtXo48>

"10 Places to visit in Wyoming": <https://www.youtube.com/watch?v=grE7jupJYpc>

"Good Old Wyoming"; <https://www.youtube.com/watch?v=WTpsqdhKP80>, this site has spectacular photography

If you plan to travel thru Wyoming you might also like to take the 7 mile drive west from Jackson Hole to Wilson, Wyoming along state route 22. This short drive will be well worth your time and will

probably be one of the most beautiful drives you will ever take. We had friends who stayed at the "Teton View B&B in Wilson at the base of the Teton mountain pass and they believe this is their most favorite spot ever. Travel safely!

Famous Wyoming White Chili

- * 2 tablespoons olive oil
- * 2 onions, chopped
- * 4 cloves garlic, minced
- * 4 cooked, boneless chicken breast half, chopped
- * 3 (14.5 ounce) cans chicken broth
- * 2 (4 ounce) cans canned green chile peppers, chopped
- * 2 teaspoons ground cumin
- * 2 teaspoons dried oregano
- * 1 1/2 teaspoons cayenne pepper
- * 5 (14.5 ounce) cans great Northern beans, undrained
- * 1 cup shredded Monterey Jack cheese

Directions

Step 1
Heat the oil in a large pot over medium heat. Add the onions and garlic and saute for 10 minutes, or until onions are tender. Add the chicken, chicken broth, green chile peppers, cumin, oregano and cayenne pepper and bring to a boil.

Step 2
Reduce heat to low and add the beans. Simmer for 20 to 30 minutes, or until heated thoroughly. Pour into individual bowls and top with the cheese. <https://www.allrecipes.com/recipe/16962/easy-white-chili/>

healthy lifestyle, your quality of life is protected.

However, if your genetic heritage is compromised and your lifestyle is lacking exercise, high quality nutrient dense foods and poor sleep, your chance of having poor health is greatly increased. But the upside of that is you can make your lifestyle better and elevate your health. 70 percent of your health is dependent on your lifestyle. Only 30 percent is controlled by your genetics.

That statistics should give everyone hope, no matter how old or sick you are right now.

The research I just finished identified four different factors you can use to make your Imprintome better. First, the bugs you have in your gut have to be balanced and not toxic to you. Second, your immune system that sits inside your intestines must be functioning correctly. Third, you have to have great energy production. And finally, your lifestyle has to be as good as you can make it.

We all have toxic bugs inside of us right now. It's our Immune system's job to keep them in check. When that balance between good bugs and bad bugs is off, you

get sick. When your gut bugs are out of balance, you also become toxic. We will talk more about this in future articles.

80% of our Immune system is found around your intestines. It makes sense because this is where the outside world meets our inside world. If the tissues of your intestines are not healthy and strong, then your Immune system also suffers. The focus being placed on the quality of your intestinal membranes is increasing every year in research.

Your energy production is produced by a part of your cell called the mitochondria. The huge focus on how well your mitochondria is functioning and how many you make is increasing in the literature every day. Again, the best way to have better quality mitochondria and more of them is through living a healthy lifestyle.

So, it all comes back to your lifestyle. If you are active, sleep well, eat real food and have a great circle of friends and family to rely on, your Imprintome will be your friend. Plus, you can change multiple factors and have a multiplication of your health, not just addition.

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REAL LIFE WELLNESS

By Dr. Bill Hemmer
The Gut – Immune – Nervous System Connection

The longer I'm in practice, the more impressed I have become of the wisdom past down from generations of doctors before us. They instinctively knew eating a variety of foods gave people the chance to have the highest quality of life. They didn't need to see any research, they just looked at how it affected their patients.

Recent research now backs up what they knew already. Your Gut, Immune System and Nervous system all work together like a sym-

phony to keep leading you towards health. Think of your health on a meter. If your meter of life is balanced, your quality of life is at its peak. If your meter is off balance, your quality of life will suffer.

The name given to this important connection is called the Imprintome. The top way to influence your Imprintome is how you live, act and behave based on your genetic potential. In other words, if you have a great genetic heritage and you live a

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